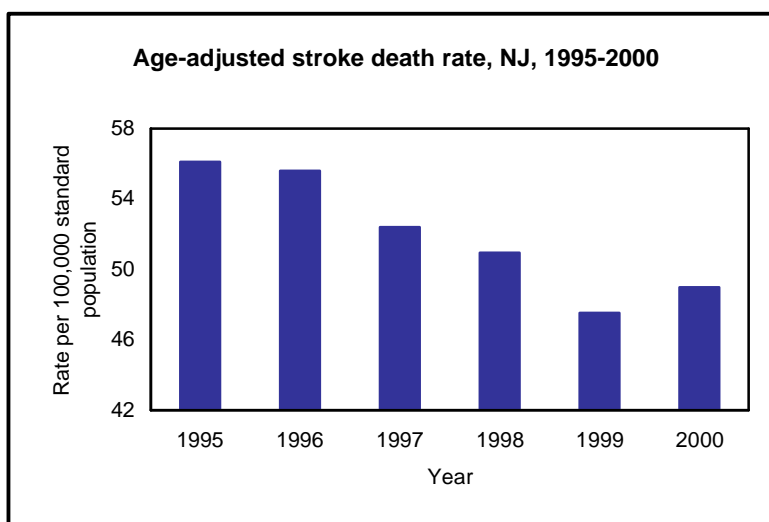




MONTHLY HEALTH DATA FACT SHEET May 2003

May is National Stroke Awareness Month

- Stroke is the third leading cause of death in New Jersey and the United States.
- There were 4,316 deaths due to stroke among New Jersey residents in 2000.
- The age-adjusted stroke mortality rate for blacks is 53% higher than the rate for whites.
- The rate for men is 11% higher than the rate for women.
- The mortality rate declined 15% from 1995 to 1999 but rose slightly in 2000.



- Risk factors for stroke include high blood pressure, atrial fibrillation and other heart diseases, coronary heart disease and high cholesterol, sleep disordered breathing and sleep apnea, personal history of stroke, smoking, alcohol consumption, and excess weight.
- The most common symptoms of stroke are:
 - sudden numbness or weakness of face, arm, or leg, especially on one side of the body
 - sudden confusion or trouble speaking or understanding
 - sudden trouble seeing in one or both eyes
 - sudden trouble walking, dizziness, or loss of balance or coordination

- sudden severe headache with no known cause
- There were 26,075 hospital admissions in New Jersey in 2001 in which stroke was the primary diagnosis. Stroke was a secondary diagnosis in over 30,000 additional hospitalizations.

For more data from the New Jersey Department of Health and Senior Services:
www.state.nj.us/health/chs

For more information about National Stroke Awareness Month: www.stroke.org

Sources:

New Jersey Department of Health and Senior Services, Center for Health Statistics:
[New Jersey Health Statistics, 2000](#)
New Jersey 1995-1999 Death Certificate Data Files, unpublished data
New Jersey 2001 Uniform Billing hospitalization file, unpublished data

National Stroke Association:
[Common Symptoms and Treatment Fact Sheet](#)
[Controllable Stroke Risk Factors Fact Sheet](#)



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